



**RUTHERFORD
COUNTY
DEPARTMENT
OF AGING/
SENIOR
CENTER**

*A North Carolina
Certified Center of
Excellence*

193 Callahan-Koon
Rd, Suite 132
Spindale, NC 28160
828-287-6409

Monday
7:30 a.m. – 5:00 p.m.

Tuesday – Friday
8:30 a.m. – 5:00 p.m.

NOVEMBER 2013

OUR MISSION:
*Rutherford County
Senior Center provides
opportunities for senior
adults to help them
maintain and enhance
their quality of life.*



**A UNITED WAY
MEMBER AGENCY**

THE SENIOR CENTER NEWSLETTER



FROM OUR DIRECTOR ANGELA EZELL:

Dear Friends,

Thanksgiving is the season for spending time with family and friends, as well as, reflecting on our abundance of blessings. We at the Senior Center are thankful for the large number of faithful participants that visit us each day, our Meals on Wheels participants, and the multitude of volunteers that enrich the Center by assisting staff with the wide array of programs offered to the seniors of Rutherford County. During this season take some time to reminisce and give “thanks” – for blessings both great and small.

On a lighter note, below is a seasonal poem for your entertainment that you can share as well. Hope you enjoy!

Angela Ezell

=====
T’was the night of Thanksgiving, but I just couldn’t sleep.
I tried counting backwards, I tried counting sheep.

The leftovers beckoned – the dark meat and white,
but I fought temptation with all of my might.

Tossing and turning, with great anticipation,
the thought of a snack became infatuation.

So I raced to the kitchen, flung open the door,
and gazed at the fridge, full of goodies galore.

I gobbled up turkey, and buttered potatoes,
pickles and carrots, beans and tomatoes.

I felt myself swelling, so plump and so round
‘til all of a sudden, I rose off the ground.

I crashed through the ceiling, floating into the sky,
with a mouthful of pudding, and a handful of pie.

But I managed to yell, as I soared past the trees
“HAPPY EATING TO ALL, PASS THE CRANBERRIES, PLEASE!!”

May your stuffing be tasty, may your turkey be plump,
may your potatoes and gravy have nary a lump.
May your yams be delicious, may your pies take the prize,
and may your Thanksgiving dinner...

STAY OFF OF YOUR THIGHS!



REMINDER PRE-REGISTER FOR LUNCH EVERYDAY

TO ENSURE THAT YOU WILL BE SERVED LUNCH, PLEASE PRE-REGISTER BY 12:00 NOON THE DAY BEFORE YOU PLAN TO EAT.

For your convenience, you may pre-register up to 4 weeks in advance by using your scan card. **Then if circumstances change and you are UNABLE to come on a day that you have pre-registered for, just call the Senior Center at 287-6409 before 9:30 a.m. and cancel.**

BOX TOPS FOR EDUCATION

The Senior Center has an ongoing project of collecting box tops for education for local schools. So clip those box tops and drop them in the jar



located in the Center's coupon room. Box Tops for Education is one of the nation's largest school fundraising loyalty programs and has been helping schools succeed since 1996.

The Senior Center strives to offer free programs and services that will best meet the needs of the aging adults in Rutherford County regardless of economic status, race, creed, education, or other circumstances. Anyone 55 or older can become involved in our activities. So don't delay, please join us today!



MEDICARE OPEN ENROLLMENT: October 15 – December 7

Trained SHIIP counselors are available, by appointment, at the Senior Center to assist Medicare beneficiaries and caregivers with free, unbiased information regarding Medicare health care products. Call 287-6409 to schedule an appointment.

DAILY DROP-IN ACTIVITIES

In addition to the many varied activities scheduled throughout the month, the following daily events are always available for participants to enjoy: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Newspaper & Magazines, Coupon Room, Computer Lab, Chair Fitness Videos, Medical Equipment, Exercise Equipment, TV, Conversation, Library, Puzzles. Additionally the Center is a Public Transportation Stop.



Volunteers are always welcomed and needed at the Senior Center. Opportunities include:

MEALS ON WHEELS PROGRAM

The Senior Center is averaging delivery of approximately 2,000 meals each month to 100 or so seniors currently participating in the Meals on Wheels program. There are additional seniors that could be helped if we had more volunteers to deliver the meals, and/or additional funding. Please contact Diane Allen at 287-1233 for more information.

AARP FOUNDATION TAX-AIDES

Each year the AARP Foundation Tax-Aide offers free face-to-face help for low-to-moderate-income taxpayers – with special attention to those aged 60-plus. Last year seven volunteers working from Rutherford County's Senior Center eFiled a total of (369) Federal and (374) State returns. In addition they assisted approximately 200 people with information and questions. Additional volunteers are needed to help prepare tax returns for the 2014 tax season, as well as, greet people, translate, assist with general office-type work. Training will be provided in December and January. Join this dedicated group of volunteers for the 2014 tax season or recommend this great opportunity to someone. You will get to work your mind and warm your heart by assisting your fellow county members with free tax service and information. Please call Angela Ezell at 287-6411 to volunteer or for more information.

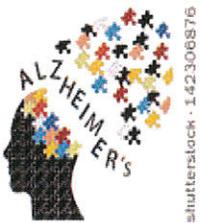
CANCELLATION/SENIOR CENTER

- **HOME-MADE CRAFT & BISCUIT SALE (FRIDAY/NOV 8) CANCELLED**

Due to lack of participation, this year's CRAFT SALE has been cancelled. We are sorry for any inconvenience and disappointment.

CLOSINGS/SENIOR CENTER

- **NOVEMBER 11 (Mon) CLOSED**
- **NOVEMBER 24 (Thurs) CLOSED**
- **NOVEMBER 25 (Fri) CLOSED**



NOVEMBER IS NATIONAL ALZHEIMER'S DISEASE MONTH

Alzheimer's disease is a progressive brain disorder that damages and eventually destroys brain cells, leading to memory loss and changes in thinking and other brain functions. It usually develops slowly and gradually gets worse as more brain cells wither and die. In November 1982, President Ronald Reagan signed a proclamation designating the first National Alzheimer's Awareness Week. That historic event marked the beginning of greater awareness. Since then, that week has become an entire month and awareness has grown on a global scale. In 2011 President Obama signed the National Alzheimer's Project Act (NAPA) into law. This groundbreaking legislation establishes the first-ever framework for a national strategic plan to address the Alzheimer's crisis and to coordinate our response on multiple fronts, including research, care, and support.

A FEW FACTS:

- Alzheimer's disease is the sixth leading cause of death in the United States and the fifth leading cause for those aged 65 and older. Alzheimer related deaths increased 68% between 2000 and 2010, while deaths from other major diseases, including the number one cause of death (heart disease) decreased.

- More than 5 million Americans are living with this disease.
- 1 in 3 seniors dies with Alzheimer's or another dementia.
- In 2012, 15.4 million caregivers provided more than 17.5 billion hours of unpaid care valued at \$216 billion.
- Nearly 15% of caregivers for people with Alzheimer's or another dementia are long-distance caregivers.
- In 2013, Alzheimer's will cost the nation \$203 billion. This number is expected to rise to \$1.2 trillion by 2050.

PURPLE MONDAYS

In support and to help raise awareness of National Alzheimer's Disease month, the Senior Center asks that **everyone wear purple each Monday of November.**



Later this month....

SPECIAL PROGRAM: "INTERACTING WITH SOMEONE WHO HAS ALZHEIMER'S DISEASE"

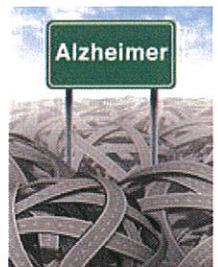
Day/Date: Thursday, November 14

Time: 10:30 a.m.

Location: Dining Room

Speaker: Kim Moore

Kim Moore is Program Manager of the Western Carolina Chapter of the Alzheimer's Association. She will present a special program on visiting and interacting with someone who has Alzheimer's Disease. If a friend or loved one develops this non-curable disease, it can be difficult to interact. She will show ways to encourage the patient to express their feelings and thoughts. You will learn the multiple stages of this disease so you are better prepared and know things to look for. Alzheimer's disease is a degenerative disease that worsens over time, with the patient having increasing memory loss and possible struggles to communicate. This program will be especially helpful for caregivers and family members of those with Alzheimer's or dementia.



BLOOD PRESSURE CHECK

Date: Monday, November 4 (*date changed*)

Time: 9:00 – 11:00 a.m.

Sponsor: Rutherford Regional Medical Center



The nurse will be taking blood pressures this morning. Be sure to stop by the front desk, and pick up your Blood Pressure History Card and a number from the receptionist.

ZUMBA CLASSES

Day: Monday, November 4, 25

Time: 5:30 p.m.

Instructor: Wavolyn Norville

Cost: FREE!

Anyone age 55 or older can participate. Come on and have some fun while burning those calories and toning those muscles!



KARATE/ SELF-DEFENSE DEMONSTRATION

Date: Tuesday, November 5

Time: 10:30 a.m.

Instructor: Eddie Russell

The first step to learning personal safety is accepting the fact that we live in a dangerous world. To think otherwise is both naive and irresponsible. In the violent world we live in today, you actually have two choices: don't worry about it, cross your fingers and hope for the best OR accept the responsibility of learning to protect yourself. Be here for this great opportunity to observe self-defense techniques and learn some simple, effective ways to protect yourself.



WRITING YOUR LIFE STORY

Day: Wednesdays

Dates: Nov. 6, 13, 20, 27, Dec. 4, 11

Time: 10:00 – 11:15 a.m.

Location: Conference Room

Instructor: Linda Tomblin

Writing your life story is easiest done when you take some time to just jot down notes and memories. This may take some time, but once you start memories will start flooding back. If writing has been something you have always "wanted" to do, but never knew where to start, then this is the perfect



opportunity for you to begin. Join us whether it's your first class or a continuation from all the earlier classes. Everyone is always welcome.

Linda Tomblin has been writing for over thirty years, and was a contributing editor for Guideposts magazine. She has co-written two books, been published in numerous magazines, and has taught writing at conferences and workshops nationwide.

PEN PALS

Date: Wednesday, November 6

Time: 10:30 a.m.

Location: Art Room

November is the month we reflect on all the things we have to be thankful for – and your new Pen Pal should be high on your list! We are very fortunate that we can mentor and befriend these students. Many kids today are not blessed to live near their grandparents – or maybe to even have grandparents. Today we will write and encourage our pals as we start into a busy holiday season.



CRAFTING WITH CRYSTAL

Date: Thursday, November 7

Time: 10:30 a.m.

Instructor: Crystal Upton

Cost: \$1.00

Location: Art Room

Pre-registration required – sign-up sheet posted outside Barbara's office

Today crafters will make a lovely pine cone turkey that can be used as a centerpiece or place card holder. Make one or several to decorate your Thanksgiving table this year.



"THE SMELL OF THE KILL"

TRIP TO GREEN ROOM THEATER

Date: Sunday, November 10

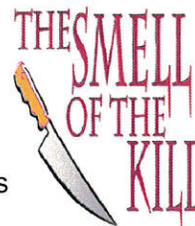
Time: 1:15 p.m. (leave from the Center)

Location: Newton, NC

Cost: \$15.00

Pre-registration is required. Sign-up sheet posted outside Barbara's office - van limited to first 12 who signed-up.

Take three delicious, malicious wives, add three miserable, unloving husbands and chill. That's the recipe of Michele



Lowe's tantalizing new comedy that had Broadway audiences cheering. **"The Smell of the Kill"** revolves around Nicky, Debra and Molly who have tolerated one another during once-a-month dinners for years. While their unseen spouses play golf in the dining room, the women exchange confidences for the first time revealing that all three marriages are on the brink of disaster and all three women are facing the challenges of their lives. Nicky's husband has been indicted for embezzlement, Molly's husband is stalking her, and Debra's husband is leaving her for another woman. When the men mistakenly lock themselves in a basement meat locker the women are faced with a life-or-death decision should they leave the men out in the cold permanently or let them thaw? One by one the women make their choices with more than a little help from one another. Join us as we travel once again to the Green Room Theater to see this new comedy. We will stop at J&S cafeteria for dinner after the performance and plan on arriving back at the Center around 7:00 p.m.

VETERAN'S PROGRAM

Date: Tuesday, November 12

Time: 10:15 a.m. sharp

Note: All Veterans Program participants need to be in the dining room by 10:00 a.m.

Today we have a very special program honoring all our veterans.

There will be guest speakers, music, and the RS Central Color Guard and Saber Team will do special presentations. We want to

acknowledge each veteran present during this special ceremony. **All veterans who plan on attending this event, please sign YOUR NAME AND BRANCH OF SERVICE on the list located at the entrance of the dining room between November 1 – 8, or call Barbara at 287-6413 and give her this information.**



"While only one day of the year is dedicated solely to honoring our veterans, Americans must never forget the sacrifices that many of our fellow countrymen have made to defend our country and protect our freedoms." Veteran's Day is only one day, but the work of veterans far exceeds one day.

As a society it is important to be cognoscente of that fact and to hold those who have willingly made that sacrifice in high esteem. Our true heroes don't act, sing, or play sports, they protect America's freedom. **Happy Veterans Day to our military – past, present, and future. Everyone please pause on Veterans Day to express heartfelt thanks and esteem to the veterans of our land.**

MEET AND EAT CLUB

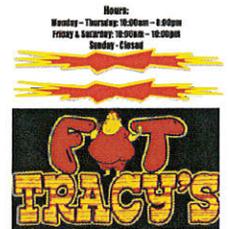
Date: Tuesday, November 12

Time: 5:15 p.m.

Location: Fat Tracy's, 135 W. Main St, Spindale
Pre-registration required – sign-up sheet is posted outside Barbara's office

Cost: PRICE OF YOUR OWN MEAL

There is always something smokin' on Main Street in Spindale! Fat Tracy's serves delicious barbeque, burgers, deep fried bologna sandwiches, the best homemade pimento cheese and chicken salad, fresh-cut fries, salads, and delicious hand-cut sirloin tips! There's no way you're leaving hungry! Join the Meet & Eat Club tonight at **FAT TRACY'S**. This is a great activity for couples and singles alike – additionally, it helps you experience restaurants that you might not have visited before, as well as, socialize with people outside the Senior Center setting.



PROGRAM: FALL PREVENTION

Date: Wednesday, November 13

Time: 10:30 a.m.

Speaker: Brian Gardner, Gentiva

Does the fear of falling keep you from doing the things you love to do? If you've experienced a fall or are concerned that you might be at risk for one, you're not alone. It's important to find out what caused the fall in order to prevent future occurrences.

That's where Gentiva *Safe Strides* come in. *Safe Strides* is a comprehensive home rehabilitation specialty that takes a multi-system approach to the evaluation and a treatment of balance dysfunction and determining the root cause of a fall. You can enjoy life without the fear of falling.



SOUTHERN CHRISTMAS SHOW TRIP

Date: Thursday, November 14

Time: Will leave the Center at **8:00 a.m. sharp** and be returning between **5-5:30 p.m.**

Cost: \$24 (Admission & Travel Lynx bus fare)

Pre-registration is REQUIRED by Nov. 13.

Spaces are limited so don't delay.

What a fun day of shopping and getting into the Christmas spirit! Please remember that this trip



requires a good bit of walking. There are multiple places to eat lunch at the Christmas show or you may bring something from home. If you have any questions about the trip please call Barbara at the Senior Center 287-6413.

NOVEL APPROACH

BOOK CLUB

Date: Friday, November 15

Time: 10:30 a.m.

Location: Conference Room

Everyone is invited and encouraged to join the Senior Center's Book Club. Join at any time – the club is ongoing, and there is not a required reading list. Individuals choose the books they want to read, and then share their thoughts with the group about the book. This is a fun way to meet new people, as well as, target books to add to your reading list.



BATTERS, SPLATTERS, & PLATTERS

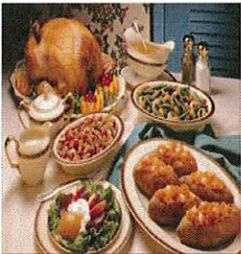
RECIPE CLUB

Date: Monday, November 18

Time: 10:30 a.m.

Location: Conference Room

With Thanksgiving just around the corner, it's the perfect time for you to begin planning your menu for that special day and deciding what delicious delights you will serve along with your traditional turkey. Will you stick with the family's favorite side dishes or go rogue this year and experiment with all new recipes? Today everyone will share their favorite side dish



recipes with the group.

CRAFT TIME WITH LAVADA

Date: Tuesday, November 19

Time: 10:00 a.m.

Instructor: Lavada Wall

Cost: \$1.00

Pre-register: Be sure to sign up on the board outside Barbara's office

Crafters today Lavada will demonstrate and assist you in making a beautiful sea shell craft. It's not too early to start making those Christmas gifts.



"GIVING THANKS" TEA PARTY

Date: Wednesday, November 20

Time: 9:30 a.m.

Be sure to sign the list at the front desk

Thanksgiving is just around the corner so our Tea Party theme is "Giving Thanks." Bring in your favorite treat to share with everyone while sipping a spot of tea – with your pinky extended, naturally! You cannot help being thankful for the great fellowship and fun times you have each month at the tea parties.



CHAIR VOLLEYBALL

Date: Thursday, November 21

Time: 10:30 a.m.

Location: Art/Music Room

Always a Center favorite! Chair volleyball is fun to play and hilarious to watch! The hardest rule to remember is that your "seat" cannot leave the seat! Mark your calendars and join in the fun.



GOOSE CREEK BAND

Date: Friday, November 22

Time: 10:30 a.m.

Location: Dining Room

Be here today and enjoy a variety of bluegrass, gospel, and comedy music. The Goose Creek Band is from the McDowell area, and they guarantee everyone will have a toe-stomping good time!



TRIP – JEWELRY SALE

Date: Friday, November 22

Time: 1:00 p.m.

Location: Rutherford Regional

Sign-up sheet outside Barbara's door – Van limited to first 12 who sign up

BIG SALE

We will travel to the \$5 Jewelry Sale this afternoon so you can do some early Christmas shopping – or just treat yourself!

PRICE IS RIGHT

Date: Tuesday, November 26

Time: 10:30 a.m.

Location: Art/Music Room

The Price is Right game show

began on November 26, 1956 on NBC. Way back then, Bill Cullen was the host and Don Pardo was the announcer. The show was produced in New York City. The game has always been about pricing merchandise items, and being the closest one to the manufacturer's suggested retail price of the item without going over was still the object of the game. Today come and join the Senior Center version of the longest running game show in TV history. Pictures of items will be shown and you will have to bid to see who comes the closest to the actual retail price. **COME ON DOWN!**



USE IT OR LOSE IT – BRAIN FITNESS ACTIVITY

Date: Wednesday, November 27

Time: 10:30 a.m.

Location: Music/Art Room

This month's Use It or Lose It is Thanksgiving themed. All puzzles, questions, mind teasers, and activities will be Thanksgiving related. Come and join this great and fun way of keeping those brains cells working.



LET'S GIVE THANKS

Date: Wednesday, November 27

Time: 11:15 a.m.

Location: Dining Room

We all have so much to be thankful for. We would like you to share with us some of the things you are especially thankful



for or tell about a special Thanksgiving season and what it meant to you and your family. Our blessings are countless!

BIRTHDAY RECOGNITION

Date: Wednesday, November 27

Time: 11:30 a.m.

We will be celebrating all November birthdays today.



SILVERSTRIDERS

September Totals:

Joanie Gaultney	395 minutes walked
Reid Gaultney	395 minutes walked
Betty McFarland	705 minutes walked
Clyde Patterson	822 minutes walked
Marjorie Patterson	822 minutes walked
Annabelle Smith	630 minutes walked
Jerry Thornton	1,378 minutes walked



MEDICARE ANNUAL ELECTION PERIOD: OCT. 15 – DEC. 7

Your health needs change, and the benefits and costs of your health plan may change each year. That's why it's important to evaluate your Medicare choices. The Annual Election Period is the one time of year when all people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage.

There's never been a better time to check out Medicare coverage. There are new benefits available for all people with Medicare, whether you choose Original Medicare or a Medicare Advantage plan, including lower prescription costs, wellness visits, and preventive care. Take advantage of the Annual Election Period, and you may be able to save money, improve your coverage, or both.

Any changes you make will become effective on January 1. It's worth it to take the time to review and compare, but you don't have to do it alone. Remember that representatives from Medicare and SHIIP, the Seniors' Health Insurance Information Program, are available to help. Call for an appointment today to talk with our trained SHIIP counselors at the Senior Center for a one-on-one

counseling session. The number is: 287-6409 or stop by and see the receptionist at the front desk.



THANKSGIVING FEASTING

*When the Halloween pumpkins are gone,
And the leaves have all fallen to ground,
When the air has turned windy and cold,
Then Thanksgiving will soon be around.
Thoughts of loved ones all feasting together,
Pleasant pictures from past times appear
To dwell in each heart and each mind---
Then Thanksgiving is finally here!
The kitchen has scrumptious aromas,
The dining room looks oh, so fine,
Decorations with pilgrims and turkeys,
And now we are ready to dine!
First the napkins are placed on our laps;
Now the prayer for the meal to be blessed,
Then we stuff the good food in our tummies,
And we hope for it all to digest!*

NC SENIOR GAMES STATE FINAL WINNERS

Rutherford County Senior Center was well represented at the NC Senior Game State Finals September 26-29. Listed below are the participants that won in their categories:



Diana Alverson	1 st GOLD in Heritage Arts
Robert Judd	1 st GOLD in Performing Arts
Cindy Ammons	1 st GOLD in Billiards
Judy Creighton	2 nd SILVER in Billiards
Roger Pleasant	1 st GOLD in Billiards

Congratulations to everyone who participated – you are all winners in our book!

YOUR OPINION MATTERS



Your opinion and input is so important to us to know how to plan for the future. One way to give us your input is through our SUGGESTION BOX – located in the main lobby of the Senior Center.

Paper and pen are provided and you do not have to sign your name if you do not want to. Please include the date with your suggestion. Additionally, you can always stop by our Director's office – Angela is always willing to listen to your ideas and suggestions. This is YOUR Center and we welcome your feedback.

USED TONER CARTRIDGES

The Senior Center accepts empty toner cartridges from your printers and copiers for a recycling program that raises money for the Senior Center and its programs. Just drop them off at the front desk or put them in our mailbox if we are closed.



SENIORS HELPING A SENIOR

Cashmere Dunn, a senior at RS Central High School is doing her senior project on children with cancer and she has asked for our help. Cashmere is collecting items that she will distribute when she visits children cancer patients in some of the area's larger hospitals.



Some suggested items include:

- **Coloring books and crayons;**
- **An encouraging card or letter to let them know someone thinks they are special and is thinking of them;**
- **Crocheted or knitted caps or scarves.**

Items will be collected November 1 – 25

Please give your donated items to Barbara or Crystal. If you have questions, call Barbara at 287-6413. Thank you in advance for helping this student with this touching and worthwhile senior project.

NOVEMBER 2013

ELLENBORO CONGREGATE MEAL PROGRAM

Located at: Bethel Baptist Church - 479 Main Street, Ellenboro NC 28040

Site Manager: Sandy White, Interim Telephone: 453-8668 Hours: 9:00 a.m. – 1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Breakfast with the Director</p> <p>11:00 Weather Word Search</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Riddles & Rhymes</p> <p>10:30 Remembering Will Rogers</p> <p>11:00 Bingo</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Diabetes Awareness Month</p> <p>11:00 Group Discussion – You know you’re crazy when.....</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Grooming Quiz</p> <p>10:30 Magazine Swap – Bring your old ones in to trade</p> <p>11:00 Glamour Shots</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Blood Pressure Check</p> <p>10:30 Spelling Bee</p>
<p>11</p> <p>CLOSED FOR VETERANS DAY</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Basketball Crossword Puzzle</p> <p>10:30 What is your middle name?</p> <p>11:00 Bingo</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Ahoy Mates</p> <p>10:30 Washing A Car Word Search</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Trivia Plus</p> <p>10:30 Farm Word Search</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Blood Pressure Check</p> <p>10:30 Prince Charles Birthday – British Talk</p> <p>11:00 Recognition of November Birthdays</p>
<p>18</p> <p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Bulletin Board Trivia</p> <p>11:00 This Year's Winter Predictions</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 How to research Genealogy</p> <p>11:00 Bingo</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Dogs Word Search</p> <p>11:00 Popcorn Party</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Marine Corp Slang Word Search</p> <p>11:00 Group Discussion – Thanksgiving Past</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Blood Pressure Check</p> <p>11:00 Recipe Swap – Bring your favorite Thanksgiving recipe to share</p>
<p>25</p> <p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Fruits Word Search</p> <p>11:00 Election Slogan Word Game</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Craft Time - Origami Wreath Making</p> <p>11:00 Bingo</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 What Are You Thankful For?</p> <p>11:00 Presidents & Vice Presidents</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Marine Corp Slang Word Search</p> <p>11:00 Group Discussion – Thanksgiving Past</p>	<p>9:00 Walking & Exercise @ Family Life Center</p> <p>10:00 Blood Pressure Check</p> <p>11:00 Recipe Swap – Bring your favorite Thanksgiving recipe to share</p>

NOVEMBER 2013

HENRIETTA CONGREGATE MEAL PROGRAM

Located at: Henrietta 1st Baptist Church Social Hall - 2736 Harris-Henrietta Rd, Henrietta, NC 28076
 Site Manager: Kay Aldridge Telephone: 657-5441 Hours: 9:00 a.m. – 1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Chatter 9:30 Blood Pressure Check 10:00 Learn to Crochet w/Gene Blanton 10:30 Game Word Search 11:00 Riddle of the day I AM SO THANKFUL MONTH	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Peanut Butter Trivia 10:30 Group Discussion – Favorite ways to eat peanut butter	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Word Search 11:00 Group Discussion - Your favorite memories of Thanksgiving	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo	9:00 Coffee & Chatter 9:30 Walking Inside 10:30 Trivia Plus 11:00 Biblical History w/Rev. Robert Harris
11 CLOSED FOR VETERANS DAY	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Magazine Swap – Bring yours to share 11:00 Fall Craft - Turkey	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Sharing Pop Tarts (1965) 10:30 Group Discussion – Favorite breakfast foods Be Kind To Everyone Today	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo	9:00 Coffee & Chatter 9:30 Walking Inside 10:00 This was the year.....1942 11:00 Biblical History w/Rev. Robert Harris
18 9:00 Coffee & Chatter 9:30 Blood Pressure Check 10:00 Learn to Crochet w/Gene Blanton 11:00 Mickey Mouse Birthday (1928)	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Word Search 11:00 Recipe Swap – Favorite Split Pea Recipe	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:30 First press on nails hand massage 11:00 Recognition of November Birthdays	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo	9:00 Coffee & Chatter 9:30 Walking Inside 10:00 Bible Week Crossword 11:00 Biblical History w/Rev. Robert Harris
25 9:00 Coffee & Chatter 9:30 Blood Pressure Check 10:00 Learn to Crochet w/Gene Blanton 11:00 Thanksgiving Game	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:30 Where were you when JFK was assassinated in 1963? 11:00 Presidents & Vice Presidents	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 11:00 Thanksgiving Party	9:00 Coffee & Chatter 9:30 Piano Music w/Barbara Moore 10:00 Scattergories 11:00 Bingo	9:00 Coffee & Chatter 9:30 Walking Inside 10:00 Bible Week Crossword 11:00 Biblical History w/Rev. Robert Harris
			28 CLOSED FOR THANKSGIVING	29 CLOSED FOR THANKSGIVING

NOVEMBER 2013

SHINGLE HOLLOW CONGREGATE MEAL PROGRAM

Located at: Shingle Hollow Community Center 2630 Cove Rd, Rutherfordon NC 28139

Site Manager: Joyce Bailey Telephone: 287-0960 Hours: 9:00 a.m. – 1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History</p> <p>HONORING OUR VETERANS</p> <p>11</p> <p>CLOSED FOR VETERAN'S DAY</p>	<p>9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search</p> <p>5</p> <p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:00 Discussion – The History of Thanksgiving 11:00 Thanksgiving Jokes & Facts</p> <p>6</p> <p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/ Stephanie Deese, Instructor</p> <p>7</p>	<p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Craft – Making Angels</p> <p>12</p> <p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Craft Time – Making Candle Holders</p> <p>13</p> <p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/ Stephanie Deese, Instructor</p> <p>14</p> <p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/ Stephanie Deese, Instructor</p> <p>15</p>	<p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 11:00 Bingo</p> <p>8</p> <p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo</p> <p>21</p> <p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo</p> <p>22</p> <p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo</p> <p>28</p> <p>CLOSED FOR THANKSGIVING</p>	<p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 11:00 Bingo</p> <p>1</p> <p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo</p> <p>29</p> <p>CLOSED FOR THANKSGIVING</p>
<p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:50 Singing 11:00 Biblical History</p> <p>25</p>	<p>9:00 Coffee & Chatter 9:30 Choir 10:00 Walking 10:30 Word Search 11:00 Recognition of November Birthdays</p> <p>26</p>	<p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Craft Time – Making Candle Holders</p> <p>20</p> <p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/ Stephanie Deese, Instructor</p> <p>27</p>	<p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/ Stephanie Deese, Instructor</p> <p>21</p> <p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet w/ Stephanie Deese, Instructor</p> <p>28</p> <p>CLOSED FOR THANKSGIVING</p>	<p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo</p> <p>22</p> <p>9:00 Coffee & Chatter 9:30 Word Search 10:00 Walking 10:30 Blood Pressure Check 10:50 Bingo</p> <p>29</p> <p>CLOSED FOR THANKSGIVING</p>

SENIOR CENTER ADVISORY BOARD MEMBERS:

President, Kim Freeman; President-Elect, Junior Johnson;
Lee Allen; Wanda Harris; Robert Judd; Jeanette Klutts; Grace Quick; Lila Simpson; Sybil Walker
Ex Officio members, Carl Classen; Bill Eckler

SENIOR CENTER STAFF:

Angela Ezell, Director

Diane Allen, Nutrition Coordinator/Home-Delivered Meals Coordinator **Sandy White**, Nutrition Assistant
Mary Street, Food Service Supervisor **Carolyn Jamerson**, Food Service Assistant
Helen Hamilton, Alex Goodman, Title V Food Service Workers
Louann Camilletti, Senior Center Site Manager **Sandy White**, Interim Ellenboro Site Manager
Kay Aldridge, Henrietta Site Manager **Joyce Bailey**, Shingle Hollow Site Manager
Ron Atchley, Michael Carpenter, Ronnie Driver, Charles Hill, Meal Deliveries
Barbara Hill, Activity & Senior Games Coordinator **Crystal Upton**, Activity & Senior Games Assistant
Debbie Conard, Administrative Assistant/Transportation Coordinator **Michelle Smith**, Data Entry
Crystal Daniel, Title V Morning Receptionist **Lynn Scruggs**, Title V Afternoon Receptionist
Wanda Bland, Exercise Instructor **Frank Ensley**, Custodian **Lee Henderson**, Title V Custodian
Amideus Athougies, Pat Zito SHIP Counselors

NOVEMBER

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